

06 February 2018

St. Thomas, Stittsville
1619 Main St., Box 1064
Stittsville, ON K2S 1B2

Dear parishioners of St. Thomas,

My name is Angela and I am writing to thank you and all members of St. Thomas for your donation of clothing items to Centre 454. As the Support Services Program Coordinator, I am able to see first-hand the impact that your generosity has on those living in poverty in Ottawa.

The Support Services Program provides supportive counselling in one-on-one, couple and group sessions addressing the concerns of participants living in poverty and/or experiencing homelessness. It supports participants in crisis and those who need new ways of looking at their lives and making healthier decisions. The Centre's Case Management Program provides an in-depth opportunity for participants to set goals and make changes in their lives.

The Centre provides life skills training in matters such as learning to budget, living outside the shelter system, and navigating the social services system; basic workplace training for those seeking or adjusting to entry-level employment; healing circles, addictions support, trauma work and services for seniors; and peer-led groups for discussion and general support.

Chaplaincy and practical supports such as laundry, mail and telephone services, and practical hygiene products also fall under the umbrella of this program. The Centre helps participants identify and connect with resources outside the Centre appropriate to their needs, and advocates on their behalf with other agencies and professionals whose services they require.

None of these activities would be possible without your ongoing support. We at Centre 454 are continually inspired by the dedication and generosity of donors like yourself who answer the call to give again and again - thank you!

With gratitude,



Angela Richer
Coordinator of Support Services